



## Milwaukee Lake Park Lawn Bowling Association, Inc.

# Guidance for Bowls During COVID-19 Pandemic

### General

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- Follow the Centers for Disease Control and Prevention guidelines. <https://www.cdc.gov/>.
- Obey the laws, rules, regulations, and orders of the federal, state, and local government and officials.
- People with COVID-19 have a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or a combination of symptoms may have COVID-19:
  - Fever
  - Chills
  - Cough
  - Shortness of breath
  - Difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion
  - Runny nose
  - Nausea
  - Vomiting
  - Diarrhea

If you have symptoms of illness, do not participate in lawn bowling activities. Contact your healthcare provider.

- If you test positive for COVID-19 and have been to the clubhouse or lawn bowled within the past 14 days, we request that you notify Anna Witt. Your identity will be kept confidential and we will notify other members in the club of their possible exposure. The clubhouse and equipment will be cleaned and disinfected. This will help us prevent its spread to others in the club and community.
- You may be around other and resume lawn bowl activities under the following conditions:
  - **I think or know I had COVID-19 and I had symptoms.**
    - 10 days since symptoms first appeared AND 24 hours with no fever without the use of fever-reducing medications AND other symptoms of COVID-19 are improving.
  - **I tested positive for COVID-19 but had no symptoms.**
    - 10 days since you had a positive viral test of COVID-19 AND continue to have no symptoms.
  - **I was severely ill with COVID-19 (hospitalized) or have a severely weakened immune system due to a health condition or medication.**
    - 10-20 days after symptoms first appeared. Your healthcare provider will let you know when you can resume being around others.
  - **Close contact with someone with COVID-19.**
    - Stay home for 14 days after your last exposure to that person.
    - However, if you have been fully vaccinated and show no symptoms, OR if you have fully recovered from COVID-19 illness within the last 3 months (i.e. 90 days) and do not show symptoms, you do not need to stay home.
- There is separate guidance for people who are fully vaccinated and those not fully vaccinated. We encourage all of our members, 12 and older, to get vaccinated
  - People are considered fully vaccinated 2 weeks after
    - their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines
    - a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

## Clean and Disinfect

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- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads.
- Avoid touching mouth, nose, or eyes with unwashed hands
- Clean Hands
  - How
    - Wash hands with soap and water for 20 seconds – PUBLIC BATHROOMS in Lake Park
    - Use a hand sanitizer that contains at least 60% alcohol by covering all surfaces of hands and rub them together until they feel dry– CLUB and INDIVIDUALS to provide
  - Key times to clean hands:
    - Before and after play
    - Before and after use of club equipment, including rink markers, mats, rakes, jacks, and bowls
    - Before eating or preparing food
    - Before touching your face
    - After using the restroom
    - After blowing one's nose, coughing, or sneezing
    - After handling your mask
  - Avoid the following behaviors
    - Spitting on bowls or licking fingers
    - Shaking hands
    - Touching or handling the game equipment unless you are the designated person to touch that piece of equipment for the entire game.
- Clean and disinfect frequently touched surfaces in the clubhouse (i.e. tables, doorknobs, light switches, handles) and club equipment (i.e. rink markers, mats, rakes, jacks, and bowls)
  - **Cleaning** refers to the removal of germs, dirt, and impurities from surfaces. It does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
    - Clean dirty surfaces using a detergent or soap and water prior to disinfection.
      - *Detergent is available to mix with water from the hose in 5 gallon buckets.*
  - **Disinfecting** works by using chemicals, for example EPA-registered disinfectants, to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs. But killing germs remaining on a surface after cleaning further reduces any risk of spreading infection.
    - Disinfect surfaces with a diluted bleach solution. Ensure a contact time of at least 1 minute and allow proper ventilation during and after application. Prepare a bleach solution by mixing:
      - *1 cup of BLEACH to 3 gallons of WATER in a 5 gallon bucket*
      - *1 Tbsp BLEACH to 24 oz of WATER in a 1 quart bottle*
    - Wear disposable gloves when cleaning and disinfecting surfaces and discard after use. If reusable gloves are used, those should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for any other purposes. For all glove use, clean hands immediately after gloves are used.
- Linens and Towels
  - Use paper towels or cloth towels for cleaning and disinfecting.
  - Use a clean cloth towel each game or practice session.
  - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.

## Wear A Mask

- Fully vaccinated – people may participate in both indoor and outdoor activities without wearing a mask.
- **Not fully vaccinated – people 2 years and older should wear masks in public.**
  - Wear a mask in the clubhouse and on the green if there are 4 or more players on a single rink.
  - Masks should be worn in addition to staying at least 6 feet apart
  - Masks should be worn over both nose and mouth and fit snugly against the sides of the face and under the chin.

## Stay 6 Feet Away from Others. Avoid Crowds. Avoid Poorly Ventilated Spaces.

- Fully vaccinated – people may participate in both indoor and outdoor activities without physically distancing.
- **Not fully vaccinated – Put 6 feet of distance between yourself and people who do not live in your household.**
  - Clubhouse
    - Do not gather in the clubhouse
  - Picnic Tables
    - Sit on opposite benches on opposite ends of the picnic table.
    - No more than 2 individuals may sit at a picnic table at the same time.
  - Benches
    - No more than 1 person may sit on a bench at any time
- Greens – We will continue to arrange our practice and games to accommodate physical distancing
  - These configurations may be permitted on the greens to maximize use and maintain physical distancing
    - *Individual Practice (figure A)*
      - 1 person per rink.
      - Individual players may be in the adjoining rink
    - *Partner Practice (figure B)*
      - 2 persons per rink. 1 person standing at each end in the center.
      - Individual players may be in the adjoining rink
    - *Singles (figure C)*
      - 2 persons per rink. 2 persons standing at same end standing on opposite sides when not on the mat.
      - No players in the adjoining rink.
    - *Pairs (figure D)*
      - 4 persons per rink. 2 persons standing at each end and standing on opposite sides when not on the mat.
      - No players in the adjoining rink.
    - *Combinations (figure E and F)*
      - Singles and Pairs with individual players in the adjoining rink.
    - *Triples (figures G and H)*
      - 6 persons per rink. All are recommended to wear a mask.
        - Lead and Vice positions standing at one end and on opposite sides of the rink when not on the mat. Skip position at the other end and standing on opposite sides of the rink when not in the head or on the mat.
        - No players in the adjoining rink.
    - *Fours (figures I and J)*
      - 8 persons per rink. All are recommended to wear a mask.
        - EITHER Lead, Second, and Vice positions standing at one end and on opposite sides of the rink when not on the mat. Skip position at the other end and standing on opposite sides of the rink when not in the head or on the mat.
        - OR Lead and Second positions standing at one end and on opposite sides of the rink when not on the mat. Vice and Skip positions at the other end and standing on opposite sides of the rink when not in the head or on the mat.
        - No players in the adjoining rink.

A – Individual Practice = 8 players

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| X | X | X | X | X | X | X | X |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |

B – Partner Practice = 16 players

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| X | X | X | X | X | X | X | X |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
| X | X | X | X | X | X | X | X |

C – Singles = 8 players

|     |  |     |  |     |  |     |  |
|-----|--|-----|--|-----|--|-----|--|
| X X |  | X X |  | X X |  | X X |  |
|     |  |     |  |     |  |     |  |
|     |  |     |  |     |  |     |  |
|     |  |     |  |     |  |     |  |
|     |  |     |  |     |  |     |  |
|     |  |     |  |     |  |     |  |
|     |  |     |  |     |  |     |  |
|     |  |     |  |     |  |     |  |

D – Pairs = 16 players

|     |  |     |  |     |  |     |  |
|-----|--|-----|--|-----|--|-----|--|
| X X |  | X X |  | X X |  | X X |  |
|     |  |     |  |     |  |     |  |
|     |  |     |  |     |  |     |  |
|     |  |     |  |     |  |     |  |
|     |  |     |  |     |  |     |  |
|     |  |     |  |     |  |     |  |
|     |  |     |  |     |  |     |  |
| X X |  | X X |  | X X |  | X X |  |

E – Singles + Individual/Partner Practice = 12-16 players

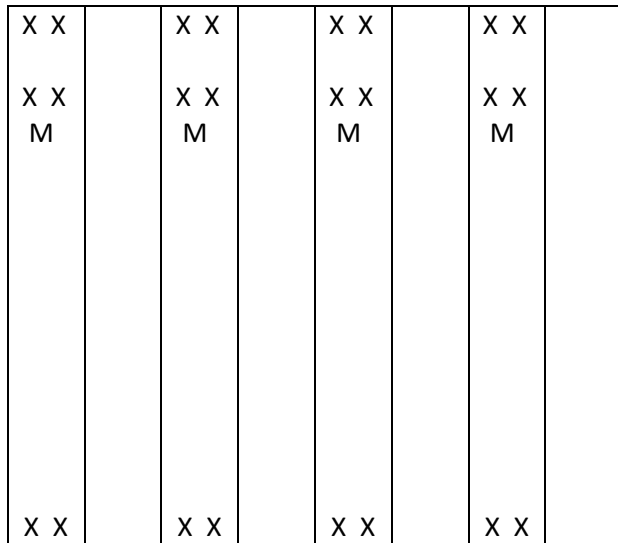
|     |   |     |   |     |   |     |   |
|-----|---|-----|---|-----|---|-----|---|
| X X | X | X X | X | X X | X | X X | X |
|     |   |     |   |     |   |     |   |
|     |   |     |   |     |   |     |   |
|     |   |     |   |     |   |     |   |
|     |   |     |   |     |   |     |   |
|     |   |     |   |     |   |     |   |
|     |   |     |   |     |   |     |   |
|     | X |     | X |     | X |     | X |

F – Pairs + Individual/Partner Practice = 20-24 players

|     |   |     |   |     |   |     |   |
|-----|---|-----|---|-----|---|-----|---|
| X X | X | X X | X | X X | X | X X | X |
|     |   |     |   |     |   |     |   |
|     |   |     |   |     |   |     |   |
|     |   |     |   |     |   |     |   |
|     |   |     |   |     |   |     |   |
|     |   |     |   |     |   |     |   |
|     |   |     |   |     |   |     |   |
| X X | X | X X | X | X X | X | X X | X |

G – Triples = 24 players

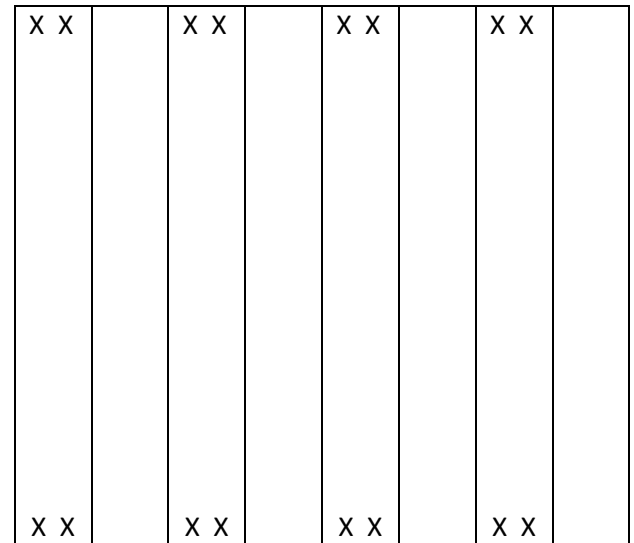
M = Mat, at least 4 meters from rear ditch



H – Triples = 24 players

Players off the green

X X X X X X X X

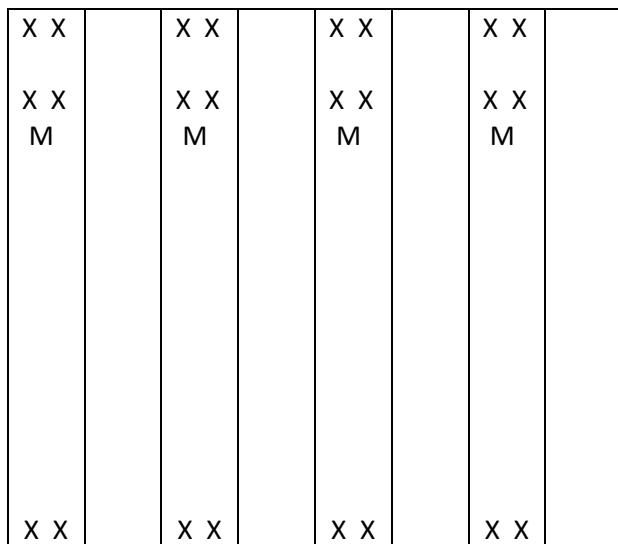


I – Fours = 32 players

M = Mat, at least 4 meters from rear ditch

Players off the Green

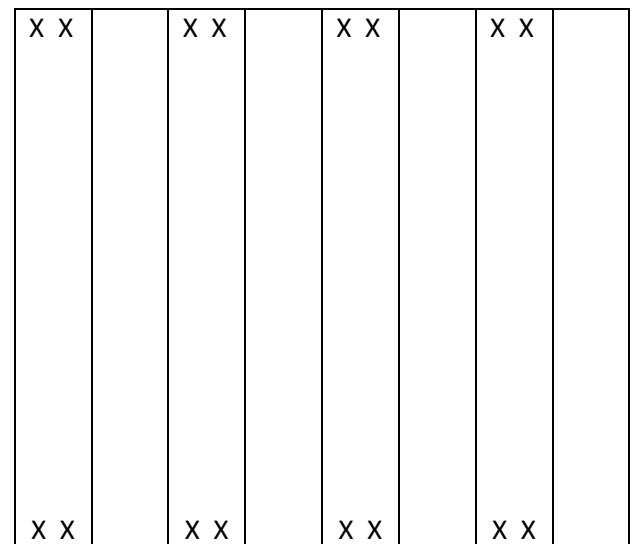
X X X X X X X X



J – Fours = 32 players

Players off the Green

X X X X X X X X



X X X X X X X X

## Game Considerations

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- **Jack.**
  - Pre-set jack
    - Have 1 jack at each end of the green and a Singles player or Skips should pre-set it.
  - Delivered jack.
    - In Singles or Pairs, designate 1 player to deliver the jack for the entire game. Other players should set the jack with their feet or a bowl/jack lifter
    - Alternatively, Singles player or Leads could each deliver their own jack (not a shared jack), on their designated turn. Other players should set the jack with their feet or a bowl/jack lifter.
  - Jack Out of Play
    - The player who last touched the jack with their hand should re-spot the jack on the 2-meter mark. Or another player may re-spot the jack on the 2-meter mark with their feet or a bowl/jack lifter
- **Bowls.** Players should only touch and handle their own bowls for the duration of play.
  - When the end is completed - kick or rake other players bowls to a designated space behind the mat
  - Dead bowl – remove other players bowl(s) from play by using a bowl lifter, kick bowl(s) into the adjoining rink ditch if nobody is playing on that rink, kick bowl(s) into the front ditch on the same rink if it is unlikely to interfere with play, or have the player remove their own dead bowl from the green.
  - Toucher – Don't touch the bowl while marking it. pray chalk is preferred. Or declare rather than mark touchers.
- **Respect the Head.** Only the player or one player of the team in possession of the rink should be in the head. All other players should remain out of the head. Stay 6 feet away from others.
- **Measuring.** Avoid touching the jack or bowls while measuring. Stay 6 feet away from the person measuring. Do not share measures.
- **Rakes.** Do not use rakes or designate one person to touch and use the rake for the entire game. Do not share rakes.
- **Scoreboards.** If scoreboards are used, one writing implement should be issued and designate one person to keep score for the entire game.
- **Scorecards.** If scorecards are used, the skips should keep score per the Laws of the Sport of Bowls.

## Opening and Closing Clubhouse for Leagues and Tournaments

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- Open and prop open West door
- Open and prop open South door
- Clean hands with alcohol sanitizer in the clubhouse or personal supply
- Prepare bleach solution
  - Gather supplies from clubhouse
    - Water spigot key from desk
    - Two 5-gallon buckets
    - Six 1-quart bottles
    - Bleach
    - 1 cup measurer
    - 1 Tbsp measurer
    - Reusable Gloves
  - Carry supplies to outdoor water source: southwest corner of east green, outside of fence, next to the copper beech tree
  - Buckets for Disinfecting and Rinsing
    - Fill both 5-gallon buckets with 3 gallons of water
    - Add 1 cup of bleach to the 5-gallon bucket labeled for DISINFECTANT
    - Put buckets and gloves on stone bench outside of clubhouse
  - Spray Bottles for Disinfecting
    - Use partially filled bottles with bleach solution to top off other bottles.
    - To make new bottles of solution, fill bottle with water to 24 oz and then add 1 Tbsp of bleach
    - Put 2 bottles on stone benches, 2 bottles in clubhouse, and 2 bottles the green – 1 at each end
- Clean hands with alcohol sanitizer
- Spray frequently touched surfaces in the clubhouse with bleach solution
  - Doorknobs
  - Light switches
  - Tables
  - Counters
  - Cooler and Refrigerator handles
- Gather rink markers, mats, and jacks and take to stone benches for disinfecting
  - Put on gloves
  - Place rink markers and jacks in 5-gallon bucket with bleach solution and leave for 1 minute
  - Remove rink markers and jacks from bleach solution and rinse in 5-gallon bucket with water
  - Spray mats with bleach solution
  - Remove gloves
  - Clean hands with alcohol sanitizer
- Place disinfected rink markers, mats, and jacks at each rink
- Players should take turns disinfecting their bowls at the stone benches.
  - Clean hands with alcohol sanitizer
  - Put on gloves
  - Place bowls in 5-gallon bucket with bleach solution and leave for 1 minute
  - Remove bowls from bleach solution and rinse in 5-gallon bucket with water
  - Remove gloves
  - Clean hands with alcohol sanitizer
- PLAY
  - Use bottles with bleach solution to disinfect equipment during the game if there is concern for exposure from coughing, sneezing, or touching equipment out of turn. Step off the green to use disinfectant.
- Clean hands with alcohol sanitizer
- Disinfect equipment with bleach solution outside of clubhouse (see above)
  - Allow bleach solution contact for 1 minute
- Return equipment to clubhouse and put away
- Spray frequently touched surfaces in the clubhouse with bleach solution
- Clean hands with alcohol sanitizer
- Close and lock doors

## Opening and Closing Clubhouse for Individual Practice

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- Clean hands with alcohol sanitizer
- Gather supplies from clubhouse and take outside
  - 1-quart bottle of bleach solution
  - Equipment for play: bowls, jack, mat, rink marker
- Disinfect equipment with bleach solution outside of clubhouse
  - Allow bleach solution contact with equipment for at least 1 minute
- PLAY
- Clean hands with alcohol sanitizer
- Disinfect equipment with bleach solution outside of clubhouse
  - Allow bleach solution contact for 1 minute
- Return equipment to clubhouse and put away
- Clean hands with alcohol sanitizer
- Close and lock doors

## Performing Maintenance at the Greens

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- Clean hands with alcohol sanitizer
- Gather supplies from clubhouse and take outside
  - 1-quart bottle of bleach solution
  - Keys
- Disinfect equipment with bleach solution outside of clubhouse
  - Allow bleach solution contact with equipment for at least 1 minute
- Perform Maintenance
- Clean hands with alcohol sanitizer
- Disinfect equipment with bleach solution outside of clubhouse
  - Allow bleach solution contact for 1 minute
- Return equipment to clubhouse and put away
- Clean hands with alcohol sanitizer
- Close and lock doors